

Welcome
to the
I Corp Chaplain

Suicide
Awareness
Brief

Prepared for you
by the
I Corp Unit Ministry Team

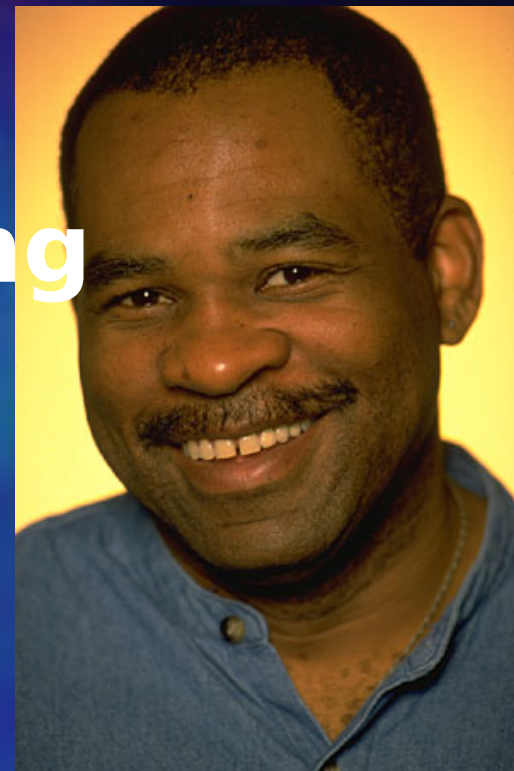
So. . .

Just when you thought you
knew everything that you
ever wanted to know about
suicide awareness, it's time
for another twist!



But, this is a User Friendly Briefing

**In the next few
minutes we will
present you with
an overview of
some of the things
you need to be
aware of about
suicide.**



Here's
the Bottom
Line Up
Front



**“THE ONLY THING
THAT WILL SAVE A
HUMAN LIFE
IS A HUMAN
RELATIONSHIP”**

We Say
Again. . .

**“THE ONLY THING
THAT WILL SAVE A
HUMAN LIFE
IS A HUMAN
RELATIONSHIP”**

**Are you willing to
develop a relationship
with someone to help
prevent them from
doing something
foolish?**



**Just Remember this:
SUICIDE IS
PREVENTED BY
ALTERING THE
CONDITIONS AND
TREATING THE
UNDERLYING PROBLEM
WHICH PRODUCED
THE SUICIDAL
THOUGHTS.”**

**Here are 3
definitions
that you
should
know.**



#

1

Ideation

Is a serious suicidal
thought or threat.

#2

Gesture

Is a deliberate act of self harm that is not fatal and in which death was not really the goal.

#3

Attempt

Is a clearly lethal act to take one's own life which would have been completed had not planned or chance intervention occurred.

Can't Happen on your Watch.

ARMY TIMES

4 December 2000

PFC Dies of Gunshot Wound in Kosovo

A soldier serving in Kosovo died of an apparent self-inflicted gunshot wound, Army officials said.

**Why
Would
anyone
want to commit
suicide?**

MOTIVATIONS FOR SUICIDE:

- ★ **to escape an intolerable situation**
 - ★ **to punish survivors**
 - ★ **to gain attention**
 - ★ **to manipulate others**
 - ★ **to join a deceased loved one**
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MOTIVATIONS FOR SUICIDE

- ★ **to avoid punishment or shame**
 - ★ **to avoid personal
pain/suffering**
 - ★ **to seek martyrdom**
 - ★ **to express “eternal love”**
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**Read these
common
myths
about suicide.**



MYT

H

Talking about suicide will give a person the idea to do it.

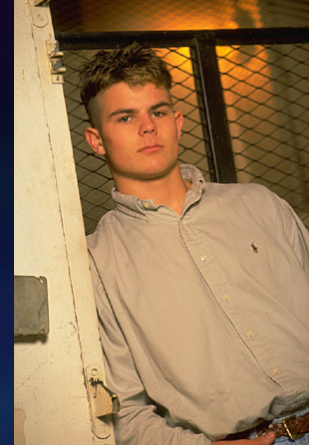
FACT: Suicidal people already have the idea. Talking about the idea may encourage them to ask for help.

MYT

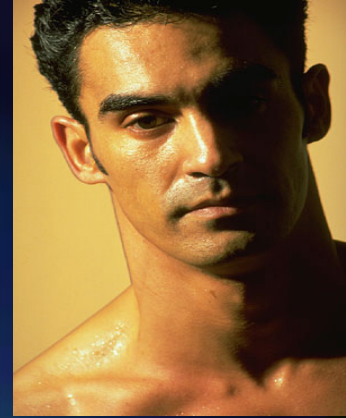
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**People who talk about suicide
don't commit it.**

**FACT: 80% of those people who
completed a suicide had given
definite indications of their
intention.**



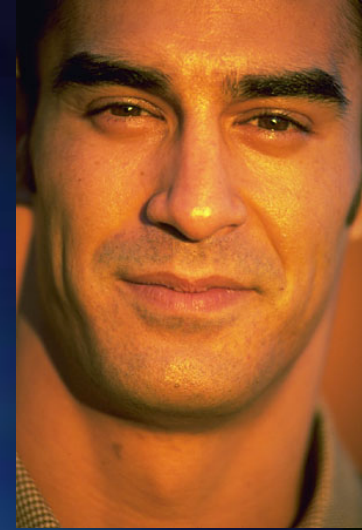
MYTH



All suicidal people are fully intent on dying. No one can stop them.

FACT: 95% are undecided about it. They signal for help before the attempt.

MYTH
H



Suicide is an impulsive act.

**FACT: Most suicides are
carefully planned and thought
about for weeks.**

MYTH



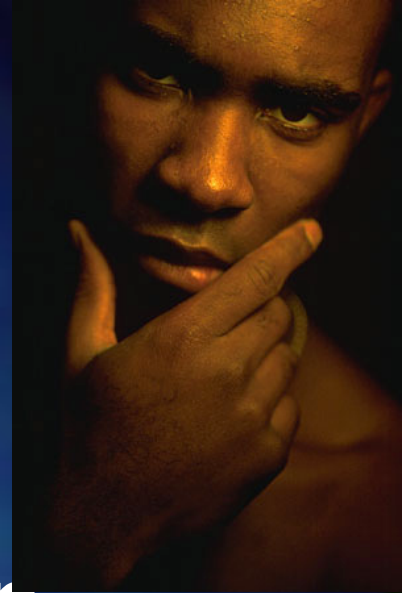
Suicidal people remain suicidal.

FACT: Most are suicidal for only a brief period. Timely intervention may save their lives.

MYTH

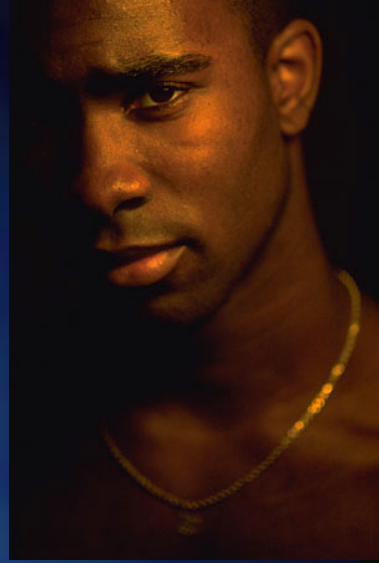
A person who attempts suicide will not try again.

FACT: Most people who attempt suicide have attempted to do so before.



MYTH

Suicidal persons are mentally ill.



FACT: Most suicidal persons are not mentally ill. Severe emotional distress is not the same as mental illness.

MYT
H



**December has the highest
suicide rate.**

**FACT: December has one of the lowest
rates. Spring months have the highest.**

MYTH



**It's not suicide if
there is no note.**

FACT: Only one suicide in
four leaves a note.

OTHER MYTHS

About Suicide:

- Suicide is a problem of a specific class of people.
 - People who talk about suicide don't commit suicide.
 - Once a person is suicidal, they are suicidal forever.
 - Suicide is inherited or runs in families.
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OTHER MYTHS

About Suicide:

- If a person is religious, they will not commit suicide.
 - Suicide and depression are the same.
 - Improvement after a suicidal crisis means that the risk of committing suicide is over.
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Did You Know?

Women attempt
suicide more
than men.

but

Men actually kill
themselves
more often!



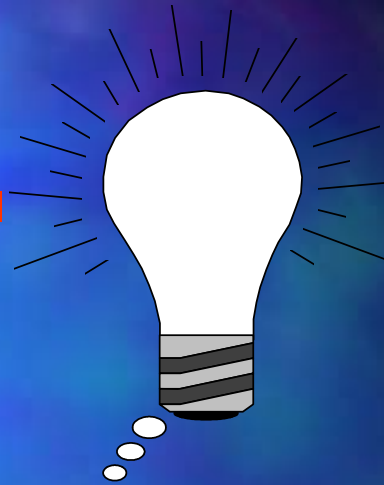
Did You Know?

- 1/4 of all suicide victims are under 30 years old.
 - 2/3 of those who attempt suicide are under 40 years old.
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Did You Know?

- 8 out of 10 people who commit suicide have indicated to someone their intention to kill themselves.
 - 1/4 of suicides have been seen by a medical doctor 7 days before their death.
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FACT. . .



**SUICIDAL
PERSONS EXHIBIT
WARNING SIGNALS**

Are:

Feelings of:

HOPELESSNESS

HELPLESSNESS

WORTHLESSNESS

We Call this the:

HHW

Syndrome

INDICATORS of HHW:

- A PREOCCUPATION WITH DEATH OR THREATENING TO COMMIT SUICIDE
 - A HISTORY OF SUICIDE ATTEMPTS, GESTURES, THREATS, OR IDEATIONS.
 - EXHIBITING SIGNIFICANT SIGNS OF DEPRESSION.
 - A DRAMATIC DROP IN JOB PERFORMANCE
-
-

INDICATORS of HHW

- SEVERE PERSONALITY CHANGES
 - MAKING FINAL ARRANGEMENTS
 - EXPERIENCING A SIGNIFICANT LOSS
 - EXHIBITING A HOPLESSNESS
ABOUT LIFE
-
-

What Causes “HHW” Syndrome



- Worry About Job or School Performance
- Loss of Emotional Support System
- Loss of Social or Financial Status

What Causes “WWH” Syndrome



- Drug or alcohol Abuse
- Loss of Job
- Debt/ Low Income
- Downward Mobility and Shame: DUI, Arrest for Molestation of a Minor, etc.

RELATIONSHIP PROBLEMS

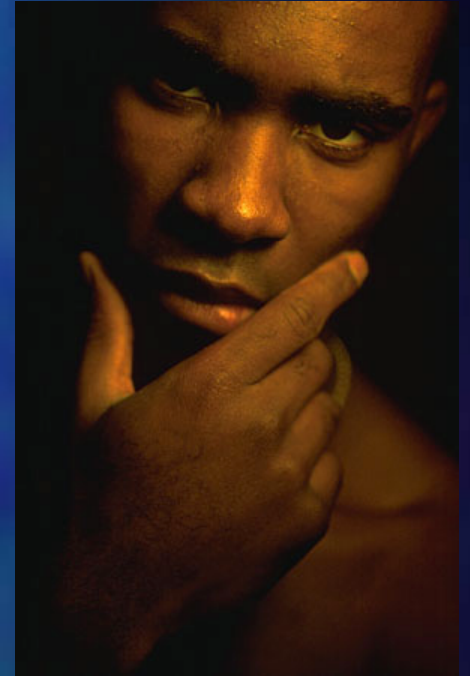
are one of the biggest contributors to HHW

- **Breakup of romantic relationship**
- **Constant Marital Problems**
- **Separation or Divorce**



● *Warning Signs*

Will you be able
to recognize a
person
who needs help?



● Warning

Signs
Take a look at the next slide. It's a drawing made by a soldier sometime before he committed suicide. In the picture you will notice that he drew his wife and children looking at his grave. He even placed his own name on the grave and included the date of death.

Sadly, even though the drawing seems like an obvious cry for help, both a friend and the soldier's wife did not catch the meaning.

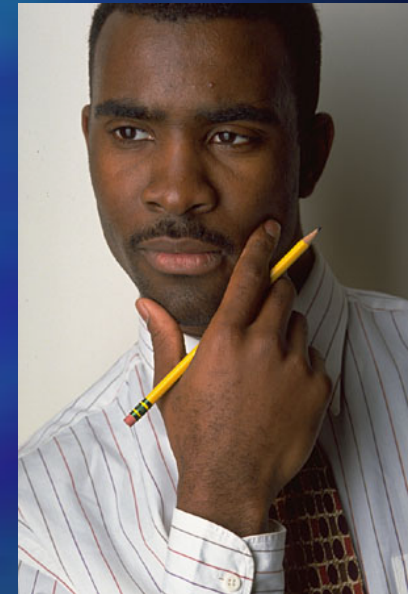


WHERE'S MY Daddy?

**BE ALERT
FOR**

CLUES

**NEARLY 80% OF
THOSE WHO
ATTEMPT OR
COMMIT SUICIDE
GIVE SIGNALS OF
THEIR INTENTIONS.**



VERBAL WARNINGS



- “I’m going to kill myself!”
 - “I’d be better off dead.”
 - “I just can’t go on any longer.”
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VERBAL WARNINGS



- “You won’t be seeing me around anymore.”
 - “I’m getting out, no matter what.”
 - “I’m ‘going home’ real soon.”
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BEHAVIORAL WARNINGS

- * Organizing business or personal matters
 - Giving away possessions
 - Composing a suicide note
 - Buying a gun
 - Obsession with death
 - A sudden 'lift' in spirits
 - Planning one's own funeral
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Jokes about Suicide Should Be Taken Seriously

**Remember
that behind every
joke there is
always a little
truth. Besides,
who thinks
suicide is
funny?**

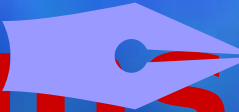


**Hey,
I was
only kidding**

**Sound
like anyone
you
know?**



**Look For
Signs of**



Depression

SIGNS OF DEPRESSION

- Withdrawal
- Overwhelming Sadness
- Lack of Energy
- Irritability
- Emotional Flatness or Emptiness



SIGNS OF DEPRESSION

- **Changes in Behavior and Attitude**
- **Different Feelings and Perceptions**
- **Physical Complaints**



REMEMBER THAT PEOPLE ARE AT GREATER RISK IF THEY HAVE. . .

- ✚ **Made a Previous Suicide Attempt**
- ▢ **Have A Family History of Suicide**
- ▢ **Lost a Friend Through Suicide**



REMEMBER THAT PEOPLE ARE AT GREATER RISK IF THEY HAVE. . .

- ✦ **Been Involved
with Drugs or
Alcohol**
- ▮ **Have A History
of Alcoholism
in the Family**



The FACTS tell us to watch out for these signs & behaviors! Good leaders notice these changes and care enough to help others through the crisis.

The LESSON for all of us:

- ✠ **Know your Soldiers.**
 - ▢ **Know those you serve with in the workplace.**
 - ▢ **Listen to what a person “doesn’t” say.**
-
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**We can make a
difference!!!**

**We can be a friend to a
person in distress.**

All of us must.

- ✓ **Take Threats Seriously**
- ✓ **Answer Cries for Help**
- ✓ **Confront the Problem**

Here Are The First Steps To take

- ✓ **Be direct.**
 - ✓ **Ask them if they plan on killing themselves.**
 - ✓ **Tell them that you care**
 - ✓ **Get professional help**
-
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Evaluate the Crisis

- ✍ **Does the person have a clear plan?**
 - ✂ **Do they have the means to activate their plan?**
-
-



When there is a specific plan
and lethal means are available
then the danger is immediate
and

IMMEDIATE INTERVENTION

is called for!

DO NOT:



- ✗ **Think that you must solve their problem.**
 - **Leave them alone**
 - **Assume they are “not the type”**
 - **Keep the situation a secret**
-
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DO NOT



- ✖ **Freak out.**
 - ▮ **Argue or reason with them.**
 - ▮ **Try to analyze them.**
 - ▮ **Make them feel stupid.**
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INTERVENTION

- 👉 **STAY WITH THEM**
 - ☎️ **NOTIFY CHAIN-OF-COMMAND**
 - ☎️ **GET PROFESSIONAL HELP**
 - + **ESCORT THE THEM TO
PROFESSIONAL HELP**
-
-

GET PROFESSIONAL HELP

❖ Crisis or Suicide
Prevention Centers

❖ Physicians

❖ Chaplains or Local Clergy

❖ State and Local Mental
Health Centers



GET PROFESSIONAL HELP

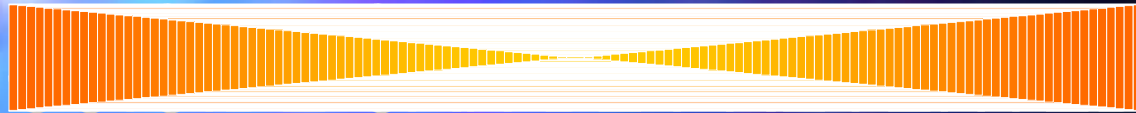
- **Mental Health Professionals**
- **School Counselors**
- **Employee Assistance Programs**
- **Family Support Groups**



A suicide impacts everyone

- The victim
- Family
- Friends
- Unit Morale
- Society





**Suicide is not
predestined**

**We can save a life
if we have the courage
to care.**

**Listen, reach out and
help.**

**A human life can be
saved through a human**

QUESTIONS?

- **Do you understand?**
 - **Can you respond?**
 - **Will we build strong teams?**
-
-

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I Corp Unit Ministry Team